## TO ALL CHILDREN AROUND THE WORLD AND THE HARD-WORKING PRESCHOOL TEACHERS



## Illustrations and Cover Design by Aytan Khalafova

Stop! Breathe! and Think!
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By Nesrine Ahmad Sleiman



















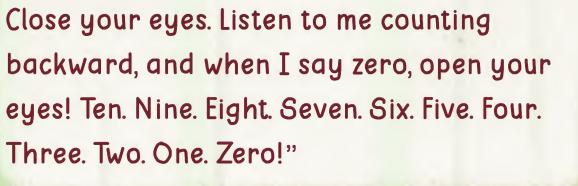


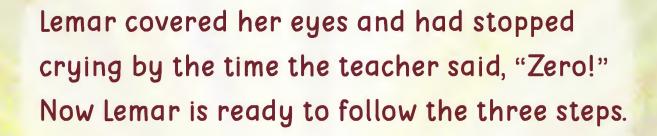
Nesrine patted her on the back and said, "I can help you if you stop crying and yelling.



And help me figure out how to solve this problem, okay?











Breathing gave Lemar a lot of oxygen.

Oxygen made Lemar's brain work super, duper hard! She is thinking again.











Hi there,

I am a preschool teacher with a decade of experience in the field of child development and preschool education. Most of my preschool students miss pronounce my name. It sounds so cute and adorable when they call me teacher Nazreee! I have completed a BA in Child Development and currently working toward a master's degree in Family

and Human Development.

I strongly believe in the importance of developing Emotional Intelligence early on due to its impact on children cognitive development.

More on the personal side, I adore nature; especially birds, horses, and white flowers.

Dear parents and teachers, your feedback on Amazon.com is very important to us.

